

SAFE LIFTING

Avoiding a Painful Back



The Five Leading Back Injury Factors

- Poor Posture
- Poor Physical Condition
- Improper Body Mechanics
- Incorrect Lifting
- Jobs That Require High Energy



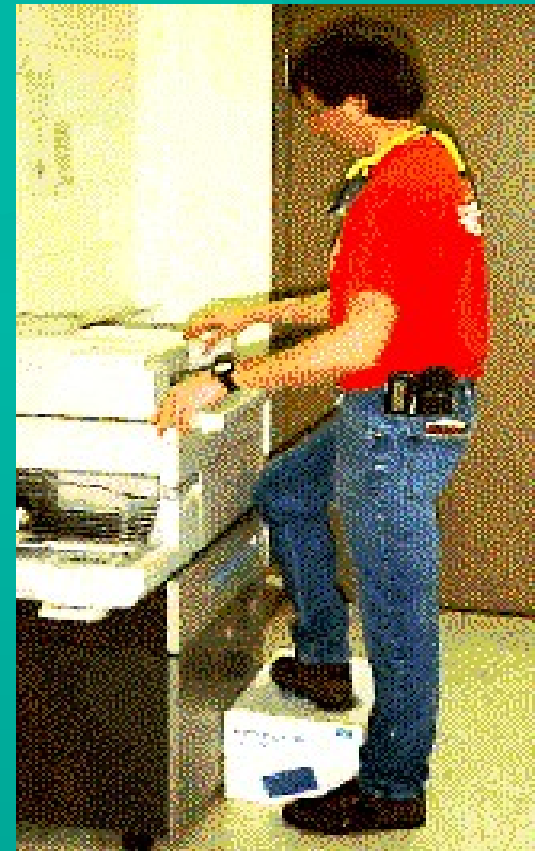
THE SPINE'S BASIC FUNCTIONS

- Providing Support
- Protecting the Spinal Cord
- Providing Flexibility to Allow Bending and Rotating



STANDING POSTURE

- Keep Your Spinal Column Aligned in Its Natural Curves
- Prop One Foot up on a Stool to Reduce Stress in Your Lower Back



STRETCH OFTEN & SHIFT POSITIONS

- Change (Shift) Your Posture Often
- Stretch Frequently Throughout the Day
- Keep Your Body Flexible (Not Rigid or Fixed)
- Don't Force Your Body to Conform to Its Workspace



LIFT WITH COMMON SENSE!

- Assess the Situation
- Is the Load Big, Bulky, Heavy?
- Do You Need Help?
- Remember- No Single Technique Will Work in All Circumstances



THE SAFE LIFTING ZONE

- The Safe Lifting Zone Is Between the Knees and Shoulders
- **Below Knee Level?** Bend With Your Knees and Lift With Your Legs
- **Above Your Shoulders?** Use a Stool or Ladder



PUSH-- DON'T PULL

Can You
Slide It
Instead of
Lifting It?



Do you need equipment to help move it?

Must you twist or stretch to get it?

- Use Proper Equipment
 - Hand Trucks
 - Forklifts
 - Dollies
- Readjust the Load or Your Position Before You Lift
 - Get Help!



PREPARING TO LIFT OR MOVE

- Have You Stretched Your Muscles or Warmed up Before Lifting?
- Are You Wearing Slip Resistant Shoes?
- Have You Cleared a Pathway Before You Move the Item?



WHEN YOU LIFT

Do

- Plant Your Feet Firmly- Get a Stable Base
- Bend at Your Knees- Not Your Waist
- Tighten Your Abdominal Muscles to Support Your Spine
- Get a Good Grip- Use Both Hands



WHEN YOU LIFT

Do

- Keep the Load Close to Your Body
- Use Your Leg Muscles As You Lift
- Keep Your Back Upright, Keep It in Its Natural Posture
- Lift Steadily and Smoothly Without Jerking



WHEN YOU LIFT

Do Not

- Lift From the Floor
- Twist and Lift
- Lift With One Hand
(Unbalanced)
- Lift Loads Across
Obstacles



WHEN YOU LIFT

Do Not

- Lift While Reaching or Stretching
- Lift From an Uncomfortable Posture
- Don't Fight to Recover a Dropped Object



EXERCISE FOR LOW BACK PAIN

- Keeps Body Flexible
- Helps Prevent Injury
- Do Not Overdo--
Follow Doctor's
Instruction
Carefully



REMEMBER!

- Your Work Day Is One Third of Your Total Day
- Plan Your Tasks Carefully to Avoid a Painful Back
- Managing Your Back Is Your Responsibility